

Lupine Ridge

Staggered peaks in indigo, violet and sage



Quilt name: Lupine Ridge

Subtitle: Staggered peaks in indigo, violet and sage

1. Finished size

- **Finished quilt size:** 76" × 88" (including finished binding)
- **Block style:** Delectable Mountains blocks arranged in staggered rows so the peaks overlap into a rolling range
- **Finished block size:** 13" × 13"
- **Layout:** 6 blocks across × 7 blocks high (staggered rows). Total blocks: 42

Delectable Mountains-style blocks are pieced as a ladder of rectangles and small triangles under a bold half-square-triangle “peak.” Use the cutting and assembly steps below to match the sample colors and create the staggered overlap.

2. Materials and yardage

Assumptions: typical 40–44" wide quilting cotton; 1/4" seams; measurements include seam allowances. Yardage is approximate—buy an extra 1/4 yd if you tend to trim generously.

Fabric role	Color description (from visual)	Approx. yardage	Notes
Primary peaks	Deep indigo	1 1/2 yd	Used for half-square-triangle tops and some ladder pieces
Secondary peaks	Periwinkle / violet blend	1 1/4 yd	Used for the contrasting HST halves
Mountain bodies	Violet & sage green (ladder rectangles)	1 3/4 yd	Alternate tones to create depth
Accents	Blush pink (ladder highlights + small triangles)	3/4 yd	Keep pieces distributed across blocks
Background / cream	Cream (snowcap triangles + underlayers)	2 1/2 yd	Dominant “snow” tone; also background for HST construction
Binding	Sage (narrow binding)	3/4 yd	Cut binding strips; see Section 6
Backing	Solid or tonal (not specified in image)	4 1/2 yd	Make to at least 84" × 92" before quilting
Batting	Mid-loft cotton/poly blend	Approx. 1 package	At least 80" × 92"

Tools & notions

- Rotary cutter, ruler, and cutting mat
- Pressing iron + designating surface for a consistent seam press
- Thread to match primary fabrics
- Optional: 1/4" quilting foot and spray baste
- Rotary blade for piecing (fresh blade recommended)

3. Cutting

This quilt uses a repeat block. Each 13" block is constructed from:

- 1 peak unit (a half-square-triangle pair trimmed to size)
- 4 ladder rectangles
- 4 small triangles (including blush/sage/violet accents)
- 2 snowcap cream triangles (scattered effect when blocks are staggered)

Color plan per block (suggested)

- Peak: indigo ↔ periwinkle/violet contrast
- Ladder rectangles: alternate sage green and violet with occasional blush highlights
- Small triangles: blush pink touches corners; remaining triangles use cream or a coordinating tone
- Snowcaps: cream triangles—vary which side/position each block uses for the “scattered” look

Per block cutting (13" finished)

Piece type	Cut size	Quantity per block	Fabric
HST peak squares (untrimmed)	4 1/2" × 4 1/2"	2	1 indigo, 1 periwinkle/violet (pair)
Trimming for HST peak	Trim finished HST to 3 1/2" × 3 1/2"	1	After joining/pressing
Ladder rectangles	2" × 3 1/2"	4	Alternate sage/violet/blush
Corner/side triangles (small)	2" × 2" squares cut diagonally	4 triangles	Cream or blush/sage/violet
Snowcap triangles	1 3/4" × 3 1/2" rectangles cut diagonally OR use pre-cut 45° triangles	2	Cream

HST note: Make the peak as a classic diagonal-split HST from paired 4 1/2" squares. After trimming, the peak unit should measure 3 1/2" square.

Total yardage-based cutting counts (42 blocks)

- Peak HST squares: **84** total 4 1/2" squares (42 indigo + 42 periwinkle/violet)

- Ladder rectangles (2" × 3 1/2"): **168** pieces
- Small triangles: from **84** 2" × 2" squares (cut diagonally into 168 triangles; use 168 across blocks)
- Snowcap cream triangles: **84** triangles

To build the staggered rows, you do not need extra pieces—only rearrange blocks so peaks interlock across rows. Make a few “flipped” blocks (reverse placement of some triangle fabrics) to enhance the rolling effect.

4. Piecing / block construction

Each 13" block is pieced in two sections: (A) the peak, (B) the ladder rows with small triangles, then assembled.

A. Make the peak (HST unit)

1. Draw a diagonal line on the wrong side of each periwinkle/violet 4 1/2" square.
2. Pair with a deep indigo 4 1/2" square, right sides together.
3. Stitch 1/4" on both sides of the drawn line.
4. Cut apart on the line to create two HSTs.
5. Press seam allowances toward the indigo (or toward the darker fabric for consistency).
6. Trim each HST to 3 1/2" × 3 1/2" using a 4-step or square-up ruler.

B. Build the ladder portion

You'll assemble a row-by-row ladder under the peak. The ladder uses alternating rectangles with small triangles placed at the ends to suggest depth.

1. Sort ladder rectangles into at least two tones (e.g., sage and violet) plus blush accent rectangles.
2. For each block, lay out the ladder as:
 - **Row 1:** Rectangles and one small triangle at each end (cream/coordinate)
 - **Row 2:** Rectangles and triangles at ends (opposite corner triangle fabric compared to Row 1)
 - **Row 3:** Rectangles and triangles at ends (match Row 1 or use blush for variation)

Seam consistency matters: keep triangle points aligned with rectangle edges.

C. Add snowcaps

1. Place two cream snowcap triangles so they “sit” along the ladder edges near the center line of the block.
2. Stitch triangles to the ladder using a 1/4" seam. Press seams toward the triangles.
3. As you sew multiple blocks, alternate which side each pair of snowcaps appears to achieve the scattered cream effect across the quilt.

D. Assemble full 13" block

1. Sew the peak unit to the top of the ladder portion. Press seams upward into the peak unit.
2. Trim the assembled block to confirm it measures **13 1/2" × 13 1/2"** before final seam? (If your seams are accurate, the finished block will measure **13" × 13"** after quilting/binding.)
3. Set aside. Repeat until you have **42** blocks.

If any block is slightly off, trim carefully and keep the offset sides consistent so staggered rows line up when assembled.

5. Quilt top assembly

The staggered rows are what create the overlapping mountains. Blocks are rotated/offset by half a block so peaks interleave across the range.

Layout overview

- Make 7 staggered rows of blocks.
- Odd rows start with a “full” block at the left edge.
- Even rows start shifted right so the peaks overlap visually.
- Rotate some blocks 180° (especially the peak contrast fabrics) to keep the ridge variation lively.

Staggering method (practical)

1. On a large design wall or floor space, place Row 1 as 6 blocks across.
2. Place Row 2 with the first block slightly to the right—about half the width of a peak unit—so it visually nests between Row 1 peaks.
3. Continue for all rows, keeping horizontal seams aligned across each row.
4. Once satisfied, sew blocks together in each row, then join rows together.

Sewing order

1. Sew blocks into rows (left to right). Press seam allowances consistently within each row (e.g., all seams press to the left).
2. Join rows (top to bottom). Use careful match points where peak triangles meet.
3. Re-press the entire top lightly, then measure the top. It should be approximately **76 1/2" × 88 1/2"** before binding.

6. Basting, quilting and binding

Basting

- Press the quilt top and backing. Trim backing/batting square.
- Layer: backing (right side down), batting, quilt top (right side up).
- Baste by safety pins or spray, smoothing from the center outward.

Quilting plan: allover diagonal grid

Use a diagonal quilting grid that follows the staggered motion of the peaks. The grid should be visible but not overpowering.

- **Stitch line spacing:** 2" diagonal grid
- **Directions:** quilt one diagonal direction, then return and quilt the second diagonal direction to form a lattice
- **Needle:** 80/12 or 90/14
- **Thread:** neutral (cream or light grey) for general lines; match accent thread if desired

Marking tip: Use a removable chalk or hera-based guide to keep the diagonal lines even across rows.

Binding: narrow sage binding

1. Cut binding strips from sage fabric: **2 1/4" × WOF** (width of fabric) strips.
2. Join strips end-to-end on a diagonal to make one continuous strip.
3. Apply binding to quilt using a 1/4" seam allowance.
4. Press binding to the front, then fold to the back and stitch-in-the-ditch or hand stitch for a clean finish.

To keep it “narrow” in appearance, press the binding seam allowances flat and avoid overfilling bulk at corners.

7. Finishing notes

- **Final trim:** Trim excess batting and backing so they are flush with quilt top before binding.
- **Corner mitering:** Fold binding to 45° at corners and keep a crisp crease; press before stitching each corner.
- **Pressing:** After quilting, gently press from the center outward. Avoid stretching.
- **Label:** Add a small fabric label inside a corner of the back.
- **Wash:** Pre-wash if your fabrics were pre-treated. Otherwise, spot clean as needed; quilting line may relax slightly after washing.

Quick block check (recommended)

- Peak HST trimmed to 3 1/2" square.
- Block assembles to 13 1/2" before final trim, 13" finished.
- All seams press consistently so the staggered rows lay flat.